


QUESADILLA



CLOUDY

Serves: 

DIRECTIONS:

1. Place 1 tortilla on an ungreased skillet over medium heat.
2. Sprinkle lightly with grated cheese and place a second tortilla on top.
3. Cook on each side for about 2 minutes, or until the cheese melts.
4. Let cool for 2 minutes, then cut into wedges, like a pie.


INGREDIENTS:

2 medium flour or corn tortillas
2 tablespoons grated cheese
Salsa and/or sour cream

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5. Serve with salsa and sour cream.

Quesadilla Filling Ideas:

- a. Spinach Quesadilla:
Add 1 to 2 tablespoons of chopped spinach, cooked and drained, between 2 layers of cheese.

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DIRECTIONS:

- B. Black Bean Quesadilla:
Layer black bean filling between cheese layers. To make your own bean filling, sauté 2 tablespoons of cooked black beans with 2 teaspoons onion and taco seasoning.
- C. Beef Quesadilla:
Top your quesadilla with leftover taco-

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- seasoned meat.
- D. Chicken Quesadilla:
Sauté shreds of chicken with taco seasoning or chili powder for a nutritious filling.
- E. Veggie Quesadilla:
Sauté shredded carrot and zucchini or summer squash and season with chili powder. Then add

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1 tablespoon of the mixture along with the cheese filling.



Quesadillas are basically Mexican-style grilled cheese sandwiches!